



UPDATE

OF THE TENNESSEE DEPARTMENT OF MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES

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CHI Surpasses 2005 Housing Goal in 2002

Armed with the new slogan "2005 More," the department's Creating Homes Initiative (CHI) has fulfilled its promise to provide 2005 permanent housing options for people with mental illness by the year 2005.

As of October 2002, funding for 2,349 new, permanent housing options have been secured with over 1,714 already online.

"One of my major priorities as commissioner has been to create and expand a full continuum of affordable, safe and appropriate housing for people with mental illness," said Elisabeth Rukeyser. "I see it as an integral component to achieving and maintaining good mental health. We are doing what we said we'd do—help fulfill the dreams and needs of the people we serve."

See page 3 for more on housing.

CHI is a targeted, grassroots, local community, multi-agency collaborative operated by the DMHDD's Office of Housing Planning and Development (OHPD). The OHPD's \$2.5 million annual allocation from the DMHDD, is combined with new federal, other state and local funds to produce permanent housing options in

- Home ownership
- Supervised group housing with 24-hour



Octavia Brown (center) stands beside a picture of her home in Memphis made possible through the Creating Homes Initiative (CHI). She is pictured with friend Vanessa Walter (right) and Marie Williams, director of the Office of Housing Planning and Development at the CHI Celebration and Press Conference held in Nashville on November 20.

on-site care

- Partially supervised group housing
- Private/public market rental housing.

In addition, these dollars have allowed the hiring of seven regional housing facilitators. These facilitators enhance and expand housing options by acting as an extension of the OHPD. As of October over \$36 million has been contributed to the CHI.

Marie Williams, director of the OHPD,

referred to the goal as a wonderful achievement that has proven to be supported by countless individuals.

"This is what advocates and Mental Health Planning Councils have wanted since day one," Williams said. "We have been able to produce a quality program, with the help of many people and organizations across the state. We intend to make it a lasting success."

MIAW 2002



Pictured at the Mental Illness Awareness Week press conference are (from left) DMHDD Deputy Commissioner Ben Dishman; Bob Benning and Anita Bertrand, co-chairs of the Tennessee Coalition for Mental Health and Substance Abuse Services; Joyce Judge, executive director of NAMI Tennessee; DMHDD Commissioner Elisabeth Rukeyser; and Jay Ballard, legal counsel for the Governor's Office. Bertrand and Judge hold the proclamation issued by Governor Don Sundquist proclaiming the week of October 6-12 as Mental Illness Awareness Week.

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State of Tennessee
Don Sundquist, Governor



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**Kimberly Lander from
the Mental Health
Cooperative joins Dr.
Rudra Prakash, presi-
dent of the Tennessee
Psychiatric Association
(left) and Dr. Samuel
Okpaku at the Mental
Health Fair at Rivergate
Mall in Nashville during
Mental Illness
Awareness Week.**

Happenings

- NAMI Chattanooga recently celebrated its 20th Anniversary. Honored during the celebration were DMHDD's Bob VanderSpek and Dennis Wenner. The recognition was for continued support and encouragement in the founding of NAMI Chattanooga, for funding grants to assist in early publicity throughout Region III and the state and for loyalty and friendship over the past two decades.



Vanderspek



Wenner

- Terry Griggs was voted School Bus Driver of the Year for 2001-02. Having driven a bus in Bolivar for four years, he was honored by his 69 peers for this award. Griggs is also a psychiatric technician at Western Mental Health Institute where he has been employed for 24 years.
- George Haley, a five-year member of Park Center's Board of Directors was recently honored by the Tennessee Conference on Social Welfare as its 2002 Volunteer Advocacy Award Winner for the Middle Tennessee region.
- More than 1,400 mass media resources that serve people with disabilities are contained in the 2002-2003 edition of **America's Telability Media**, the nation's first disability media directory. Published by the National Telability Media Center in Columbia, MO, the 370-page book is based on an annual nationwide survey, which collects data on the growth and development of telability media. The book is available in print or on disk in Word format. For more information, call (573) 445-7656.
- Need the complete picture on disabilities spending in the U.S.? The 7th Edition of **Disability at the Dawn of the 21st**

Century and The State of the States has more than 500 pages of statistics and analyses tracking every public dollar spent on disability programs and services in the 50 states and District of Columbia. Visit www.aamr.org/Bookstore to learn more about the book.

- Two members have been added to the Department of Mental Health and Developmental Disabilities Planning and Policy Council. They are Bonnie Currey, executive director of the A.I.M. Center in Chattanooga and Dr. Frank Cardona of Madison.
- Save the dates—The 4th Annual Yes 2 Kids Conference will be held February 10-11, 2003 at the Franklin Marriott/Cool Springs Conference Center.
- Frontier Health held an open house/ribbon cutting on October 22, for its new corporate headquarters in Gray, Tenn. The new facility is located in the Center OF Tri-Cities Business Park on Spratlin Park Drive inside the Johnson City limits. It sits on 5.78 acres and spans 25,277 square feet plus a partial basement.

Best Practice Guidelines, Housing Information on Department's Web Site

Two new areas are now available online at www.state.tn.us/mental.

The housing site features a Housing Resource Locator designed to aid consumers and their families find safe, affordable housing options.

The Best Practice Guidelines site tells about the new publications produced by the department and how mental health professionals can obtain copies.

Both areas are accessible from the homepage and have been added to meet the departmental goal of increasing public information and education about mental illness and developmental disabilities.

CHI Celebration & Press Conference



Patty Wilbanks, from Chattanooga, addressed the Housing Celebration with her heartwarming story about life and what her new CHI sponsored home means to her.



Spearheading the search for new, safe, affordable housing options in the community are the Regional Housing Facilitators. Here they are pictured with Marie Williams, director of the Office of Housing Planning and Development. From left are: Mary Gormley, Region IV, Nashville; Mary Simons, Region III, Chattanooga; John Miller, Region II, Oak Ridge; Jeanne Price, Region I, Johnson City; Williams; Cheré Bradshaw, Region VII, Memphis; Jennifer Green, Region V, Murfreesboro; and Rozanne Downing, Region VI, Paris.

Depression Screening Day



Thursday, October 10 was National Depression Screening Day (NDSD). Pictured above are Kathy Haley and Kisagwa Muggu of the DMHDD's Office of Consumer Affairs who assisted with the free screenings at the Cordell Hull Building in Nashville.

Held during Mental Illness Awareness Week each year, NDSD is designed to call attention to depression, manic-depression (bipolar-disorder) and anxiety on a national level; to educate the public about their symptoms and effective treatment; to offer individuals the opportunity to be screened for the disorders; and to connect those in need of treatment to the mental health care system.



At the October Lilly Awards Program in New York are (from left) Glyn Parkin, executive director, Neuroscience Business Unit, Eli Lilly; Marie Williams, director of DMHDD's Housing Planning and Development; Commissioner Elisabeth Rukeyser; and Bill Robinson, vice president, Sales & Marketing with Eli Lilly and Company.

CHI Wins Top Eli Lilly Housing Award

The department's Creating Homes Initiative (CHI) won the 1st place 2002 National Lilly Reintegration Housing Award at a presentation October 12 in New York City.

Sponsored by Eli Lilly and Company, this award recognizes healthcare professionals and patient advocates who have made outstanding contributions in helping people with schizophrenia and bipolar disorder to reintegrate into their communities.

Director of the Office of Housing Planning and Development, Marie Williams noted that the first place award was not the result of any singular effort, but the overall contribution of many dedicated people and organizations across the state.

"To be singled out for this award is an honor and it belongs to everyone who has contributed their time, energy and funding toward the realization of our goals," Williams said.

First place award winners received \$5,000. Williams said this money would be put toward an upcoming anti-discrimination/stigma campaign. "We need to continually let people know that it's not OK to shun those with mental illness," Williams said. "This money will help further our goals and initiatives."

There were a total of 15 national awards. They were judged by an independent panel of psychiatric professionals according to each program's planning, execution, outcomes/evaluation and importance.

Six MH Facilities Unite Under Centerstone Name

Tennessee's largest non-profit behavioral health corporation unified its facilities under a common name—Centerstone—effective October 1. This name change is the result of a merger process involving six separate organizations that began in December 1997.

The **Centerstone** name will be used by:

- Dede Wallace Center
- Elam Mental Health Clinic
- Luton Mental Health Services
- Harriett Cohn Center
- Columbia Area Mental Health Center
- Highland Rim Mental Health Center

Now ranked as the nation's 10th largest community behavioral health system, Centerstone includes 59 facilities in 28 middle Tennessee counties.

Centerstone provides a full range of behavioral health and related educational services to more than 44,000 individuals who are typically coping with depression, addiction, physical abuse, persistent mental illness and a variety of other emotional and behavioral disorders.

"This adoption of a single name for all centers signified a bold and promising step for mental health care in Tennessee," said David Guth, president of Centerstone. By unifying our name, we are ensuring that individuals and families know where to turn for help. That will be one of the biggest advantages of sharing a common name," he added.

Mental Health & Aging Seminar Held in Nashville

The Middle Tennessee Mental Health and Aging Coalition presented a seminar on "Mental Health and Aging," in September at the Metro Nashville Public Library. Topics included Current Psychiatric Issues in Mental Health and Aging; Ethics, Mental Health and Aging and Positive Mental Health in Late Life.

The coalition, founded in April 2002, is an organization of professionals, consumers, family members, public and private organizations and interested individuals. Members work toward improving availability, accessibility and quality of mental health prevention and treatment services for older adults and their families through education, advocacy, research and increased public awareness.



From left: Presenter William Petrie, M.D., with Psychiatric Consultants of Nashville and James Whaley, executive director of the TN Commission on Aging and Disability.

Changing of the Guard

It has been a pleasure to serve as editor of the department's publications during the past 30 years. I've witnessed a revamping of the delivery system and improvements on almost every front. As a journalist, I've enjoyed presenting the stories that have shaped these three decades.

As I retire, I shall miss the many friends throughout the state that have been a part of these changes and my life. I wish continued success for all. Please continue to send your news to the Office of Public Information and Education, fax (615) 741-4557 or call (615) 532-6610.

Pat Fortner



Pictured (from left) are Marthagem Whitlock, deputy assistant commissioner of Mental Health Services for the DMHDD with presenters Walter Bortz II, M.D., internationally known geriatrician, Stanford University; and the Rev. Monsignor Charles Fahey, expert on ethics and aging issues, Professor Emeritus, Fordham University.



Staff members (top, from left) Mary Ward, Armatha Higgs, Jackie Tisdale and Linda Perkins, hung a banner made by the Girls Unit of Timber Springs Adolescent Center at the front entrance to Western MHI.



Timber Springs Girls' Unit Remembers Our Heroes

Like many others in America, the service recipients on the Timber Springs Adolescent Center (TSAC) Girl's Unit at Western Mental Health Institute wanted to pay tribute to those who lost their life on September 11, 2001, and to those that protect us—the military, police, firemen, emergency personnel and governmental officials.

With staff assistance, the girls made a banner for WMHI's front entrance and posters for their unit. A flag made from colored paper cups was placed in their courtyard fence. The girls also planned and participated in a program featuring patriotic songs and poems—some of which the girls wrote.

Lance Nace, TSAC director, said "This was really a nice celebration of America's Heroes and an impressive remembrance of those who lost their lives last year. The girls did an excellent job. We appreciate their efforts and are proud of them for thinking of others."

Left—WMHI's Timber Springs Adolescent Center staff help service recipients remember September 11, 2001.



Personal Courage Award

Recipient of the first-ever Personal Courage Award was Joe Swinford, DMHDD's director of the Office of Consumer Affairs. Swinford was honored for his openness in sharing his personal experiences and illness with policymakers and the public in the hope this will help lessen the stigma associated with mental illness. He is pictured with Janet Whaley of Comprehensive Counseling Network in Memphis and TAMHO president-elect.

Distinguished Service Award

This award went to Jim Causey, Ph.D., chief executive officer of Professional Counseling Services of Covington. Causey, actively involved in the treatment and advocacy of mental health consumers since 1974, was honored for his long-standing dedication. "Causey's concern for the betterment of those with mental illness in the state cannot be questioned," said Janet Whaley, TAMHO president-elect.



TAMHO 2002 Awards and Recognition Program

The Tennessee Association of Mental Health Organizations (TAMHO) held its annual meeting and training conference in October at the Cool Springs Marriott in Franklin. Featured on this page are the winners named at the Awards and Recognition Program ceremony and luncheon.

Programs of Excellence Award

Member corporations that have gone above and beyond the standard to find creative and groundbreaking ways to provide services within communities are

- Community Behavioral Health, LLC
- Family Haven Apartments
- Grace House
- Traces—Tennessee Regional Alternative Care Environments.

Media Awards

- WBIR-TV, Channel 10, Knoxville for their long-term support
- Sam Brown, Citadel Communications for a single story.



President's Award

Commissioner Elisabeth Rukeyser, flanked by TAMHO President Earl Medley (left) and TAMHO Executive Director Dick Blackburn, was presented the President's Award.

Rukeyser was honored for keeping the consumer's interest foremost in decision-making and being accessible to all mental health stakeholders, including providers. According to Medley she takes into account all sides of an issue before moving forward and her integrity is unquestioned.

Dorothea Dix Professional Service Award

This award went to Mona Blanton-Kitts, of Helen Ross McNabb Center in Knoxville, who has championed improved services for persons confronted with mental illness throughout her entire career.



Frank G. Clement Community Service Award



Selected for the Clement Award was Crockett Taylor (right), board chairperson for Frontier Health. A strong supporter of behavioral health services, he was honored for his continued leadership in Northeast Tennessee. Pictured with Taylor is Frontier President E. Douglas Varney.



Anita Bertrand, executive director of the Mental Health Association of Tennessee and chair of the Tennessee Suicide Prevention Network, presents an award to Sarah Ballard for her role in planning and organizing the ASIST training in middle Tennessee.



Tennessee Suicide Prevention Network Director Scott Ridgway pictured with some of the ASIST trainers at a recent Advisory Council Meeting held in Nashville.

Coalition Formed To Strengthen MH/Alcohol & Drug Treatment

The Tennessee Coalition for Mental Health (MH) and Substance Abuse Services was established in March of 2002, to ensure that services are accessible to all Tennesseans.

The focus is on their collective strength toward a positive outcome for consumers.

Coalition members include: A.I.M. Center, Centerstone, Federation of Families, Foundations Associates, MH Association of TN, Mental Health Cooperative, Memphis & Shelby County MH Summit, NAMI Tennessee, Park Center, TN Association of Alcohol and Drug Services, TN Conference on Social Welfare, TN Mental Health Consumers' Association, TN Protection and Advocacy, TN Psychiatric Association, TN Suicide Network and Tennessee Voices for Children.

Others wishing to join the coalition should contact Anita Bertrand, director of the MH Association of Tennessee at (615) 242-7122 or anitab@mhatn.org.

Over 1,300 Trained at ASIST Workshops

Most people considering suicide signal their distress and intent. Training can help everyone see these signals and respond. It can provide the confidence to ask about suicide and provide people with the tools to help prevent the immediate risk.

This is why the Tennessee Suicide Prevention Network trained 24 trainers who in turn have led trainings across the state this fall. The program—called ASIST or Applied Suicide Intervention Skills Training—offers two-day community care-givers training programs. The Departments of Health and Mental Health and Developmental Disabilities funded the training.

ASIST is designed for people concerned about family and friends, counselors, teachers and ministers, workers in health, welfare or justice, community volunteers, emergency service workers and mental health practitioners. The interactive program includes teaching, discussion and videos and skills practice.

Training Locations & Results

East TN, 71 people trained
Southeast TN, 39 trained
Middle TN, 15 trained, plus over 1,000 under the ASIST Training Grant with Tennessee Voices for Children
South Central TN, 58 trained
Southwest TN, 26 trained
Shelby County, 100 trained

Don't forget—the 2003 Statewide Suicide Prevention Network Conference “Saving Lives in Tennessee: Advancing the Tennessee Strategy for Suicide Prevention” is set for May 5-6 in Nashville at the Woodmont Hills Church of Christ. The network is accepting underwriting for the event as well as exhibit and advertising commitments. For costs and details, call Tennessee Suicide Prevention Network office at (615) 298-3359 or e-mail sridgwaytn@aol.com.



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